





WALLINGFORD FAMILY YMCA GROUP EXERCISE SCHEDULE

VIRTUAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00-9:45AM  Zumba Jenni [V] 295-620-753 PW: 067159
					11:00-11:45AM Shotokan Karate Maura 955-430-5900 PW: SenseiWay	
12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216		12:00-12:45PM Mindfulness for Muscles Maura 955-430-5900 PW: SenseiWay	
4:30-5:15PM Core, Cardio & More Cat 817-0632-8959	4:45-5:30PM Tread & Shred Cat 884-3902-3439		4:30-5:00PM Cardio HIIT Cat 889-2896-2896			
5:30-6:15PM  Spinning Kim 286-552-6517 PW: 699476						
6:00-6:45PM  Zumba Jenni 295-620-753 PW: 067159			6:00-6:45PM  Zumba Jenni 295-620-753 PW: 067159			
	7:00-7:45PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay		7:00-7:45PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay			

Virtual Classes are held on Zoom
PLEASE NOTE: You need an internet connection to take part in our Virtual Classes

HOW TO USE ZOOM	
Step 1	Open your web browser
Step 2	Go to join.zoom.us
Step 3	Enter your Meeting ID
	Meeting ID --> 521-967-6068
	Password --> PW: 262216
Step 4	Click Join
Step 5	Enter Password
Step 6	Have fun!

GROUP EXERCISE CLASS POLICIES

Masks are **REQUIRED** in our facilities, including during all in-person fitness classes.

You must bring your own mat.

Registration is **REQUIRED** for in-person fitness classes. To reserve a spot, call the Welcome Center at 203-269-4497 or visit our website at www.wallingfordymca.org/reservations.

ROOM CAPACITY & EQUIPMENT AVAILABILITY LIMITS CLASS SIZE












Aerobics Studio & Gymnasium - 15 Participants

Lap Pool - 9 Participants

Teaching Pool - 4 Participants



EAST SIDE BRANCH



























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00-8:45AM  Aqua Fit Sue [TP]		8:00-8:45AM  Aqua Fit Sue [TP]	
9:00-9:45AM  Chair Yoga George [G]	8:30-9:15AM Lo Impact Cardio Kathy P [G]	9:00-9:45AM  Tai Chi George [G]	8:30-9:15AM Lo Impact Cardio Kathy P [G]	8:30-9:15AM Group Resistance Kathy P [G]
9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]
10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]
	5:30-6:15PM Workout of the Day Tricia [G]		1:00-1:45PM  Chair Yoga George [G]	5:30-6:15PM Workout of the Day Tricia [G]

Class Types	
	BeachBody
	Les Mills
	Spinning
	Water Aerobics
	Yoga
	Zumba

East Side Locations	
[G]	Gymnasium
[LP]	Lap Pool
[TP]	Teaching Pool

West Side Locations	
[A]	Aerobics Studio
[V]	Virtual

WEST SIDE BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15-6:00AM  Spinning Carl [A]		5:15-6:00AM  Spinning Carl [A]	5:15-6:00AM  Spinning Sheryl [A]		
6:00-6:45AM  Les Mills BodyPump Sue [A]		6:00-6:45AM  Spinning Sue [A]		6:15-7:00AM  Les Mills BodyPump Sue [A]		
8:00-8:45AM  Yoga Flow Cathy [A]		8:00-8:45AM  Yoga Christina [A]	8:15-9:00AM  Yoga Flow Cathy [A]	8:00-8:45AM  Yoga Christina [A]	8:00-8:45AM  Spinning Kim [A]	8:30-9:15AM  Spinning Kim [A]
		9:30-10:15AM  Les Mills BodyPump Lisa [A]	9:30-10:15PM Interval Training Lisa [A]	9:30-10:15AM  Zumba Gold Kathy [A]	9:30-10:15AM  Les Mills BodyPump Candice [A]	9:45-10:30AM  Yoga Flow George [A]
	12:30-1:15PM  Spinning Jim [A]	12:15-1:00PM Lo Impact Cardio & Strength Lisa [A]	12:30-1:15PM  Spinning Jim [A]	1:00-1:45PM  Zumba Gold Kathy [A]	11:00-11:45AM  Yoga Flow George [A]	
4:30-5:15PM Core, Cardio & More Cat [A/V]		4:30-5:15PM  PiYo Candice [A]	4:30-5:00PM Cardio HIIT Cat [A/V]			
5:30-6:15PM  Spinning Kim [A/V]	5:00-5:45PM  P90X Candice [A]	5:30-6:15PM  Spinning Kim [A/V]	5:30-6:15PM  Les Mills BodyPump Tina N [A]	5:30-6:15PM  Yoga Christina [A]		
	7:00-7:45PM Shotokan Karate Maura [A/V]		7:00-7:45PM Shotokan Karate Maura [A/V]			

RESERVATIONS ARE REQUIRED
Reserve your spot today
Visit www.wallingfordymca.org
Call 203-269-4497

